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ACTIVE

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Abstract—The purpose of this study was to determine the effect of a 12-week training program on the heart rate (HR) and energy expenditure (EE) of sedentary, middle-aged women. The subjects were 12 sedentary women, 30 to 45 years of age, who were randomly selected from a telephone directory. The subjects were divided into two groups: a control group and an exercise group. The control group was instructed to maintain their current level of activity, while the exercise group was instructed to engage in a 12-week training program. The training program consisted of three sessions per week, each lasting 30 minutes. The sessions were designed to increase the subjects' aerobic capacity and endurance. The HR and EE were measured at the beginning and end of the 12-week period. The results showed that the exercise group had a significant increase in HR and EE compared to the control group. The increase in HR was 10 beats per minute, and the increase in EE was 1,000 kcal per week. The results suggest that a 12-week training program can improve the cardiovascular fitness and energy expenditure of sedentary, middle-aged women.

NEWSPAPER

DAILY ARGUS.

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SATURDAY, APRIL 7, 1904.

Republican senators began, yesterday, to filibuster against the tariff bill. Although every business interest of the country is crying out for a settlement of the tariff question at the earliest possible moment, the Republican programme is to delay the bill by a resort to every dilatory process known to parliamentary law and permitted by the rules of the Senate.

Ex-Representative A. J. Warner, of Ohio, President of the St-Metallurg League, arrived in Washington, yesterday, for the purpose of conferring with the leading free silver men in Congress as to the advisability of cutting loose from old political organizations and founding a new party, which shall have as its cardinal principle the free and unlimited coinage of silver and which is expected to array the South and West against the North and East.

With a majority of twenty-six in the Assembly the Republican bosses had it impossible to pass the rank partisan measures which they are confident are necessary for the future well being of the Republican party. The trouble is with rural Assemblymen, who are not so blindly partisan as to be lost to all sense of fairness and decency and who will not get in line when the bosses crack the whip.

The cement workers in Victor county complain that their employers have been steadily reducing wages for some years until they are now at the starvation point. One firm, the Seydors, at Lawrenceville, pay but seventy-five cents a day. Wages have been forced down by the competition of foreign labor, some manufacturers having filled the places of Americans with low priced Italian laborers. Under McKinleyism the cement industry enjoyed very high protection, but it was protected on that protected the houses, not American labor.

Abraham Thayer led Estelle Flagler to the altar at English, Ind., Thursday night. When the clergyman asked "do you take this man to be your lawful wedded husband," Miss Flagler started all by her answer: "No, sir, I do not. You are the man who has asked my opinion on the matter. Mr. Thayer has been courting my mother for more than a year. I thought it was herself he wanted, but it appears that he only wanted her consent that he might marry me, and she concluded to compel me to wed him." Of course the marriage went no further.

Gen. Frye and his "Industrial army" of eight hundred men, are stranded near East St. Louis. They have been ordered out of town by the police, the railroads refuse them transportation, they are without food, and begging avails them nothing. For the people will not give them anything, since they refused the offer of the East St. Louis Water Company of work at \$1.00 a day. Frye is getting desperate and may have to put in execution a threat made, yesterday, to surrender the army to the East St. Louis police as vagrants and thus force the city to care for them.

KILLED AT GALLICORN.

Henry Van Dusen Run over and Out to Floor—Another Fatal on a Danvers Grade Crossing.

Henry Van Dusen, aged twenty-five years, living at Kansas Lake, Sullivan county, was struck and instantly killed by a train yesterday afternoon, on the Erie Railroad crossing at Gallieon Depot.

Ma and Philip Rembt were about to cross the track in a carriage when their attention was attracted by a hand-car that had just passed, and not seeing the close approaching freight train, drove on the track.

The horse, being frightened, stopped and turned around, running into the water crane that stood close to the crossing, leaving the carriage and two men in the middle of the track.

At the same instant the engine struck the carriage. Mr. Rembt jumped clear and saved himself, while Van Dusen was thrown ahead of the engine, run over and out to pieces.

The engineer of the train was Sam Peterson, and the conductor, Mr. Corrigitt; engine 370.

Henry B. Dixie and James B. MacE commenced their theatrical career at the same time, being partners in the business. James B. MacE is now the proprietor and star of Grimes' Collier Door. At the Casino Theatre, Friday night, April 15th.

LATEST BY TELEGRAPH

THE COKE WORKERS' STRIKE.

On Congress by No Means Certain—The Men Unwilling to Give Up.

CONNELEVILLE, Pa., April 7.—There is not so much certainty, to-day, that the coke strike has collapsed and it would not be a surprise to hear of an outbreak in any part of the region. Meetings were held at many places, last night, and telephone reports of the meetings give assurance that the strikers are not willing to give up the contest. The speakers advised the men to stand firm, and warned them against the destruction of life and property. Operators believe the strike is settled.

Many of the Connellsville owners of coke works, have announced that when they resume operations they will not employ Koss or Peled. Several resumed operations, to-day. SCOTTSBURGH, Pa., April 7.—Contrary to expectations sixteen delegates showed up at the miners' convention, this morning. Most of them represent works south of Uniontown, where nearly all of the works are yet idle.

The question of declaring the strike an officially is under discussion. A decision will likely be reached, this afternoon. Some delegates argue strongly in favor of continuing the strike.

KILLED BY A DYNAMITE EXPLOSION.

By United Press.

PITTSBURGH, April 7.—Three men were killed outright, and three seriously injured by a premature explosion of powder and dynamite, near the new works of the Westinghouse Electrical Co., now in course of construction at Brimston Station, on the Pennsylvania Railroad, near Braddock, at 7:30 o'clock, to-day.

The men were all Americans, and were engaged in unearthing for the foundations of the new electric plant.

It is believed there are other corpses under the mass of earth brought down by the explosion.

"PRAYERS" FOR POLLARD AND BRECKINRIDGE.

By United Press.

WASHINGTON, April 7.—In the Breckinridge case, to-day, Mr. Carlisle read a voluminous prayer on behalf of the plaintiff and Mayor Shelby followed with prayer for the defendant, and then argument was entered upon.

THE MARCH OF THE COMMONWEALERS.

By United Press.

McKEESPORT, Pa., April 7.—The Commonwealthers set out in the rain, this morning, for Monongahela City. Over three hundred men were in line when the army went out of McKeesport. An unsuccessful effort was made, to-day, by Conroy to purchase two additional commissary wagons. The "Unknowns" ordered a dress parade, this morning, before starting and the band played "The girl I love bled me."

MUTINY IN COXEY'S ARMY.

By United Press.

KEMMERER, Pa., April 7.—The first mutiny of the ranks of Coxe's Commonwealth Army occurred this morning. It was over the character of the food served to the men. The rebellious element was summarily dealt with; they were relieved of their badges and given a dishonorable discharge.

THE CALICO HOP.

Large Attendance and a Brilliant Affair—Fifty Dances by Pretty Girls.

The Calico Hop given by Prof. Commeyre's dancing class, at the Assembly Rooms last evening, was a very brilliant affair. It should not have been called a calico hop, for few calico gowns were worn, most of the ladies being in evening costumes.

The attendance was large, there being about fifty couples of dancers and many spectators. Berge's orchestra furnished the music for the occasion.

The first part of the evening until after 10 o'clock, was given up to the little folks, who gave the older set present a very pretty exhibition of their terpsichorean skill.

The little people went through the dances in a way that was certainly creditable to their teachers. There were besides several single dances that were very pretty, among them being the following: Noble Levison, of Goshen, Highland Flieg; John Bright, Highland Flieg; Hubert Stern, Spanish dance; Hannah Levison, of Goshen, Spanish Ball dance; Maude Barrett, Spanish Coconut dance; Roland and Ray Stern, Sailor's Hornpipe; Pauline Stern, Highland Flieg.

The remainder of the time until 11 o'clock this morning, the floor was occupied by the older people.

There was a refreshment table where all could partake at will.

To-morrow's Mass in Grace Church.

The choir boys of Grace Church are to have a rest from singing to-morrow, and the music for the day will be rendered by a large number of ladies with the men of the choir.

HOWELL'S DEPOT.

Conveyances to and from the depot.

—Rev. J. A. Sullivan, of Bloomingburg, will exchange pupils with Rev. D. E. Williams, on Sunday morning.

NEWS OF THE NORTH END.

New Buildings—Ontario Hall—

—A. J. Bell will build three cottages.

—Policeman J. Valt intends to put up a large dwelling house on his lot.

—John Neekroth has opened a cigar factory at 308 North street. He also intends to build.

—G. E. Burnam is digging for the foundations for a three story brick building.

—Carpenter Brown is building on Benson street.

—T. W. Gibbs is getting ready to put an addition to his house.

—We are all proud of the new Ontario Hall. Its owners and builders, A. J. Bell, O. G. Terbusch and Geo. Nicholson, deserve great credit, for it is something much needed in this part of the city. It is a three story building with the hall on the first floor. The main part is 10x10 with an annex 10x10. Each floor is provided with an anteroom, cloak room and water closet. The interior is finished in hard pine and the entire building will be lighted with electricity. The hall will be christened on April 15th by the Ontario boys. In those honor the hall is named, A. J. Bell being the godfather.

—Fred Forsman is a happy father, —a boy.

—Our bachelors, our bachelors, our condorick makes, as well as our grocers, our blacksmiths, our wagon makers, our foundry, our type shop and the rest of the North End industries are doing good business.

—The Ance is the favorite paper in this part of the city.

FAILED TO FIND JENNIE COLE.

Stripped Her Suit in Paterson and Came to This City—An Unsuccessful Search.

The Paterson Press, of yesterday, published the statement that a notorious woman named Jennie Cole, who had stripped a coat off a man, had been captured in this city, Thursday night.

The Cole woman had been convicted of conducting a disorderly house and was placed under \$500 bail to appear for sentence. She left Paterson and her bondsmen, Mr. James Costello, forfeited the money.

On Thursday, Mr. Costello came to this city, armed with papers and a warrant, having heard that the woman was an inmate of an alleged disreputable resort in this city.

Several places were searched, but the woman was not found. Mr. Costello left town, last night, having received word that the woman had been seen in a resort a few miles out of Paterson.

Information was lodged with a certain official, this morning, to the effect that the woman was here and was in one of the houses which were searched, at the time the search was being made. It was also stated that she left town, yesterday.

Insurance Companies' Losses in the Port Jervis Fire.

Considering the large number of individuals and firms that were losers in the recent fire in Port Jervis and the large amount of property destroyed, the insurance companies came off with comparatively small loss, the total amount being only \$4,500, and distributed among the following companies: London, Liverpool & Globe, Sun, Westchester, St. Paul, German American, Phoenix of Hartford, Citizens' and the Lancashire.

NEW YORK STOCK EXCHANGE REPORT.

NEW YORK, April 7.—The market for stocks was very active, and the prices were generally higher than yesterday.

LACES.

In every width and shade for trimming.

We Keep the Corset Stock.

We are selling three of the best made and the most comfortable corsets.

DO YOU NEED A SEWING MACHINE?

We are selling three of the best made and the most comfortable sewing machines.

H. E. Churchill & Co.,

89 NORTH ST.

THAT WE CAN CLEAN SHIRT.

We are selling three of the best made and the most comfortable shirts.

E. H. GREGORY.

We are selling three of the best made and the most comfortable suits.

MILLSPAUGH HARDWARE CO.,

WHOLESALE AND RETAIL HARDWARE.

CORNER MAIN AND CANAL STS.

MIDDLETOWN, N. Y.

SPEAK QUICK.

We have got a job lot of fine French Percale Shirts, 8 collars and cuffs, usually \$1.50, we have marked them 75 cents.

As we can't duplicate them, we would advise you to speak quick. We have opened a case of nobby Hats this week, and have marked them \$1.50. They are the biggest bargain ever produced in this city. Call and see them at the One Price Blue Front Store, 10 North street.

MORRIS B. WOLF.

Our Dress Goods Department.

Among them are the variety, the beauty, the quality, the style, the price. See and be convinced.

Special sale of Jackets and Capes Saturday. Low Prices.

CARSON & TOWNER,

No. 11 WEST MAIN STREET, MIDDLETOWN.

Still the Rush Continues.

AT

JOHN E. ADAMS'S.

Now at 41 North Street in white lawn, silk and cotton.

The new styles in hats and shoes are here. See and be convinced.

Our stock of goods is large and our prices are low.

See and be convinced.

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Three Good Things

out of the many we have.

1.—A Fountain Pen for \$1.50. Fully guaranteed to give satisfaction or money refunded.

2.—Our "New Bargain Box" of 60 sheets of paper, with envelopes to match, for only 35 cents.

3.—Hanford & Horton's Black Ink. We don't say much about it. We don't need to, for it makes its mark—a black one too—every time you put it on paper. All else bottles from 5 cents to quarts.

Come and see some of the other good things we have.

Hanford & Horton,

2 North Street.

TEN DOLLARS DOWN AND FIVE DOLLARS PER MONTH FOR ONE YEAR.

will purchase an elegant solid walnut case

ORGAN

delivered free at your home.

Costs less, of course, if paid for in cash, but yet the difference is only trifling. Too little, in fact, for any one to deny his son or daughter the privilege of playing one of these beautiful instruments. It is useful and ornamental, and forms quite a prominent and attractive article of furniture. The Organ and Pianos we have for sale—cash or credit—are better than those sold at much higher prices by other dealers.

"Middletown Music Store,"

56 NORTH ST.

SUCCESSORS to Wood T. Ogden, Morgan & Wil

